

**LAKE OF THE WOODS
DISTRICT HOSPITAL**

MANUAL: NURSING PROCEDURE
Added Nursing Skill

Number:

CATEGORY: Medical Directive

Page: 1 of 3

ISSUED BY: Medical Advisory Committee

Date of Issue: Apr. 2008

REFERENCE:

Review/Revised:

TITLE: Knee X-Ray

SANCTIONED BY: Medical Advisory Committee

CRITERIA: Initiation of the following therapies for any patients, over 5 years, who present with pain suggestive of a fracture, ligamentous or meniscal injury on initial assessment by nurse. Affected leg may be swollen and painful on examination. Bony tenderness or inability to weight bear must be established according to Ottawa Knee Rules.

INITIATED BY: Appropriately educated Registered Nurses working in the ER Department

PHYSICIAN NOTIFICATION: As Soon As Possible

CONTRAINDICATIONS TO THE IMPLEMENTATION OF THIS DIRECTIVE:

- Lack of patient consent
- Patients with multiple painful injuries are excluded
- Patients with head injuries are excluded
- Patients with diminished sensation due to a neurological deficit are excluded (example: CVA, altered level of consciousness)

PATIENT DESCRIPTION/POPULATION:

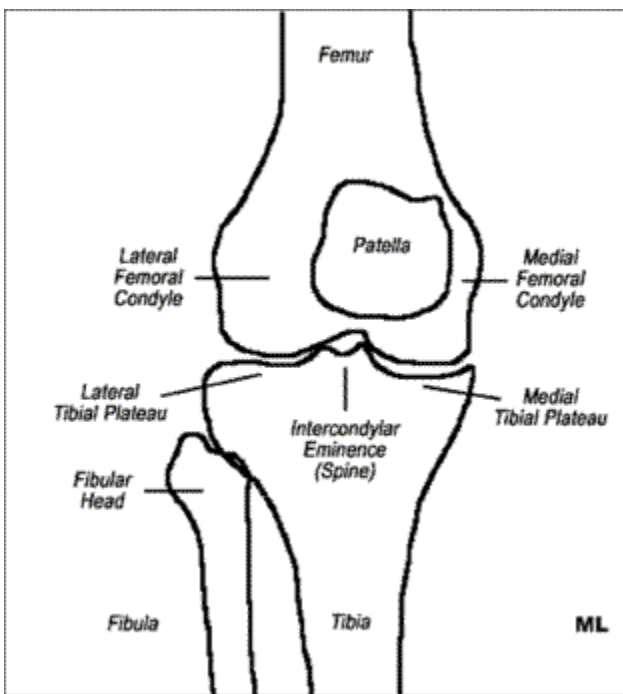
Patient must present with pain suggestive of a fracture, ligamentous or meniscal injury on initial assessment by nurse. Affected leg may be swollen and painful on examination. A history of injury or trauma must be present.

Note: Patient must be older than 5 years of age.

PROCEDURE FOR DIRECTIVE:

- Each intervention will be explained to the patient and/or family and verbal consent will be obtained
- Establish baseline vital signs (B/P, pulse, respirations, O2 saturation) as indicated
- Patient to remain NPO until examination with Emergency Physician has been achieved
- Establish history of trauma or significant injury – document
- Document date of LMP on females of child bearing years – document if pregnancy is suspect
- An ice pack or cold compress is to be applied to injuries less than 8 hours old
- Tetanus status in the presence of broken skin integrity
- Note and document any lacerations, abrasions, edema, ecchymosis and/or deformity
- Determine the range of motion, weight bearing ability and functions before and after the injury
- Assess and document the neurovascular status of the injured extremity, checking for the 6Ps: Pulses, Pain, Pallor, Paresthesia, Paralysis and Polar (temperature)
- Assess patient according to the Ottawa Knee Rules – X-Ray knee as indicated by examination

Ottawa Rules with Respect to Knee X-rays



An x-ray is indicated in patients with knee injuries with any of the following:

- age 55 years or older or
- tenderness at the head of the fibula or
- isolated tenderness of the patella or
- inability to flex knee to 90 degrees or
- inability to walk four weight bearing steps immediately after the injury and in the emergency department

DOCUMENTATION REQUIREMENTS:

- Implementation of this Medical Directive must be documented on the ER chart under physician orders.
- Response to medication administered must be documented.

REFERENCES:

Chatham-Kent *Health Alliance* MEDICAL DIRECTIVES AND ADVANCED TRIAGE PROTOCOLS , June 2004, Chatham-Kent, Ontario

Lakeridge Health *Lakeridge Health Corporation* EMERGENCY MEDICAL DIRECTIVES , 2005, Oshawa, Ontario

Validation of the Ottawa Knee Rule in children: A multicentre study. Bullock, B., et al, *Annals of Emergency Medicine*, 42, (1), July 2003, Pages 48-55

DATE OF APPROVAL OF DIRECTIVE:

SIGNATURES:

Program Medical Advisor

Chief of Staff